Raw Broccoli

A onetime favorite. Our ancestors ate vegetables raw. Why can't current generations? Our generations took too many antibiotics, which removed the good digestive bacteria from our systems. Yogurt will put some back in. Somehow, something, is still missing. Raw broccoli can leave a strong flavor in the mouth and an iron odor in the nose. It can cause serious upset stomach. Wash well to rid the broccoli of pesticides and other chemicals from processing and the grocery store. It's common for grocery store food, even in packets, to end up on chemically treated floors, transferring those chemicals to the foods.

Pre Cook Preparation:
　　Marinate: Yes, in butter
　　A. Wash broccoli with warm water

Meal Adaptations:
　　Physical Accommodations:
　　　　Frozen or canned vegetables can be used
　　　　Sit on a stool while washing

　　Visual Accommodations:
　　　　Colored chopping boards

　　Potential Food Allergy or Intolerance:
　　　　Broccoli
　　　　Butter

　　Meatless Preparation Avoid:
　　　　Butter
　　　　Substitute with: _____

Utensils:
　　Chopping board
　　Knife
　　　　Pan: None

Ingredients:

　　Meat: None

　　Vegetables:
　　　　Fresh raw broccoli
　　　　Frozen will work, if thawed

　　Other ingredients:
　　　　1 tablespoon of butter
　　　　Dash of salt
　　　　Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. **Wash broccoli well under warm water.**
2. **Chop broccoli.**
3. **Melt 1 teaspoon of butter in microwave for about 15 to 20 seconds.**
4. **Pour butter and add a dash of salt. (Or see step 6).**
5. **Allow to soak in the butter a few minutes, if desired.**
6. **Or, use a salty butter a dip for the raw broccoli.**

Cook Temperature: None

Cook Time: None

Servings: Varies

Servings: 3 broccoli heads

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes and then place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions: None